



The Journal

Vol. 29

No. 17

www.dcmilitary.com/journal/

April 27, 2017

NSAB Celebrates Earth Week



U.S. Navy photo by MC3 William Phillips



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NICU Moves Back To 6 West Following Renovations

By Bernard S. Little
WRNMMC Command Communications

A ceremony April 21 celebrated the return of the Neonatal Intensive Care Unit at Walter Reed Bethesda back to its original location in Building 10 on 6 West.

The NICU temporarily relocated from 6 West to 6 East last June to undergo an extensive renovation project. Renovations updated and upgraded the unit in line with current recommendations for NICUs, according to Barbara Sitton, assistant service chief for NICU in Walter Reed Bethesda's Maternal Child Nursing Department.

"A developmentally supportive environment for premature and sick infants is enhanced with the installation of microbial-resistant, acoustic dampening flooring and ceiling tiles, as well as multiple, dimmable lighting options," Sitton said about the project.

"Renovations also included new bacteriostatic, easy-to-clean countertops and cabinets. The space is refreshed and updated with new furniture for all administrative rooms, and this provides a therapeutic feel for our family waiting area. A video-intercom system, which interfaces with the NICU's main entrance door control lock, was also installed enhancing the



PHOTO BY BERNARD S. LITTLE

Leadership for Walter Reed National Military Medical Center, its Hospital Facilities team and Neonatal Intensive Care Unit cut the ribbon to celebrate the move of the NICU back to its original location in Building 10 on 6 West following an extensive, year-long renovation project.

unit's infant security measures," she added.

"The improvements and upgrades will not only enhance patient-care delivery, security and safety, but also the entire family experience," agreed Navy Lt. Cmdr. Rodolfo San Juan, service chief for the NICU. "[The renovations] provide a healing and calming environment that is necessary for quick recovery of our acutely-ill neonates," he added.

Army Lt. Col. (Dr.) Castaneda Sierocka, a NICU physician, commended the teamwork which took place the make the project and moves happen. "I

have to thank the nurses in getting us to the point of coming back [to our original location]. You never stopped caring for the babies. You are always there no matter [what the situation was]. I could always count on you."

Walter Reed Bethesda Director Army Col. Michael S. Heimall also saluted those involved in the renovations, including Navy Cmdr. Gregory Benton and the Hospital Facilities team, stating, "You clearly get how what your staff does affects the way we deliver care every single day. It's a beautiful set up."

Bethesda Notebook

US Army Recruiting Command Commissioning Brief

Do you have a goal of becoming a medical officer in the United States Army? Or are you a leader who wants to guide subordinates in career options? If so, come to the Army Medical Department presentation on April 28 at 12:30 p.m. in the NICoE Auditorium (in Building 51) at Walter Reed Bethesda to find out how the Army can help you accomplish this. Programs that will be addressed include the Interservice Physician Assistant Program and the AMEDD Enlisted Commissioning Program. Additional programs will also be discussed, including the Health Professions Scholarship Program, Masters in Social Work and Physical Therapy. Registration is not required. For more information, call Dr. Eddie Thomas at 301-319-4606, or email eddie.d.thomas3.civ@mail.mil.

Melanoma Awareness Day

Melanoma Awareness Day at Walter Reed Bethesda is May 4. The day will include a Melanoma Seminar from 8 a.m. to 1 p.m. in the America Building, room 2525, followed by skin cancer screenings for everyone with base access from 1 to 4 p.m. in the Dermatology Clinic in the America Building, third floor. For more information about the seminar, call Reisha Maharaj at 301-319-3487 or email reisha.t.maharaj.ctr@mail.mil. For more information about the screenings, call Anthony Jones at 301-319-2387 or email Anthony.jones192.civ@mail.mil.

Prostate Cancer Survivorship

Army Col. (Dr.) Robert Dean, director of andrology at Walter Reed National Military Medical Center, will discuss prostate cancer survivorship: sexual health therapies, May 4 at 7 p.m. in the America Building, second floor, room 2525 during the meeting for the Center for Prostate Disease Research and Walter Reed US TOO Prostate Cancer Support Group. Everyone is invited to attend. Those who wish to attend and do not have a military ID should call the Prostate Center at 301-319-2900 at least four work days in advance for base access. For more information, contact retired (Col.) Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

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NSAB Celebrates Earth Day with Base Cleanup and Fair

By Andrew Damstedt
The Journal

Naval Support Activity Bethesda (NSAB) celebrated Earth Week with a base-wide cleanup and an information fair showcasing NASA research and the importance of recycling.

"[It's] so people become aware about the environment around them," said Alexia Martinez, Naval Facilities Engineering Command Washington environmental scientist. "[These] types of activities bring people together and they see the base more as not just as where you work ... but as its own community."

Twenty-five people gathered to collect trash around the 245-acre campus April 20, where they collected 212 pounds of trash, picking up items such as PVC pipes, safety glasses and other litter.

"I just wanted to help out, I hadn't volunteered in a while and I thought this was a good case," said Hospitalman Ariel Janifer.

NSAB Commanding Officer Capt. Marvin L. Jones said people should remember to take care of the Earth not just one day of the year, but every day.

"If you see something that could be picked up, it's easy to walk around past it," Jones said. "It takes much more thought, focus and conviction to stop and pick up that trash."

Culinary Specialist 2nd Class Oprah Nin said she participated because she wanted a clean workplace.

"It's already pretty clean, but we can always do something extra to help out the environment in some type of way," Nin said.

Culinary Specialist 2nd Class Heather Hoban liked how the activity brought people together.



PHOTOS BY MC3 WILLIAM PHILLIPS

Sailors and civilians came together to celebrate Earth Day by picking up trash aboard Naval Support Activity Bethesda April 21. Earth Day is an annual celebration to demonstrate support for environmental protection.

"This is our home, our environment," she said. "It's nice to be able to keep it clean."

On April 19, those who stopped by the Warrior Café were greeted by a giant globe of the Earth onto which NASA scientists projected planetary data the organization has been collecting from space for the past 40 years.

Some of the data included was changes in ocean chemistry, such as water temperature differences, groundwater depletion, space weather and the path of an upcoming solar eclipse visible in North America Aug. 21, 2017.

"[Space Weather division] provides daily weather forecasts to the military, to the aviation community, pipeline community, because the currents that are produced by these storms on the surface of the sun create very high levels of charged ion particles that hit the poles of the earth and create these ground currents," explained

NASA Goddard Space Flight Center Engineer Maurice Henderson. "We're always concerned about knowing when that happens."

He said the "Science on the Sphere" exhibit travels the world to connect people with the Earth and the solar system.

"We want to make people sense that we live on this little blue marble that's precious and we have to protect it," he said.

Wendy Qassis with Montgomery County Environmental Protection handed out information about recycling as well as coffee tumblers and other items made from recycled materials to remind people of the county's goal to recycle 70 percent of its solid waste by 2020.

"We want to make sure people know how to recycle and why it's important to recycle," she said.

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Proactive Efforts Focus On Preventing Sexual Assault, Harassment

By Kalila Fleming
WRNMMC Command Communications

On April 1, 2001, the United States first observed Sexual Assault Awareness Month. Activities during the month are focused on raising public awareness about sexual violence and educating communities and individuals on how to prevent these criminal acts.

Efforts at Walter Reed National Military Medical Center and Naval Support Activity Bethesda include regular training for all military and civilian staff members to increase awareness about sexual assault, as well as sexual harassment including those on social media.

Victim advocate Army Sgt. 1st Class Darius Purnell explained how each branch tackles incidents concerning sexual assault and harassment.

"For the Army, every installation has a full-time victim advocate and full-time Sexual Assault Response Coordinator. The Navy has civilian SARC's but not full-time victim advocates. Every other branch runs under the Sexual Assault Prevention and Response office and they do not cover sexual harassment. The Army is the only branch that covers sexual harassment," Purnell said.

With the use of social media increasing, senior military leaders are placing increased focus in preventing online sexual harassment, explained NSAB SARC Priscilla DePinto. "A lot of our senior leaders have taken notice and there has been a lot of training coming down [regarding] what's appropriate and what's not appropriate to put on social media," she stated.

Victim advocates in the Sexual Harassment/Assault



PHOTO BY KALILA FLEMING

The Sexual Harassment/Assault Response and Prevention Program victim advocates at Walter Reed National Military Medical Center and Naval Support Activity Bethesda stand in front of the Wall of Hope dedicated to supporting the prevention of sexual assault and harassment. The wall is located at the advocates' office in Building 2, room 3268 near Memorial Auditorium. From left are Response Coordinator (SARC) — Priscilla DePinto, SARC in the Sexual Harassment/Assault Response & Prevention (program) Rosemary Galvan, SHARP victim advocate Staff Sgt. Nature Bollinger and NSA Bethesda SAPR Victim advocate Hospital Corpsman 2nd Class Shannon Sensenig.

Response and Prevention office, as well as the SARC's on the installation offer SAPR/SHARP training to all staff members during every employee's required annual Birth Month Training.

Specified [sexual assault and harassment] training is offered to clinics and departments at any time, DePinto added. She explained clinics and departments will generally contact the SARC office if there has been a report of sexual harassment, such as improper comments,

inappropriate touching and/or behavior. However, SARC and SHARP representatives explain their want staff to be proactive rather than responsive.

SHARP victim advocate, Army Staff Sgt. Nature Bollinger expressed the importance of training and how the offices put the word out before anything happens and before it becomes a social media issue.

"Training is so important. When we train we have to make sure that our audiences understand the definitions of consent and what constitutes sexual assault as put forth by the Department of Defense, the Department of the Army, the Department of the Navy and the Department of Justice," Bollinger said.

"We [at WRNMMC] are trying to be preventive versus responsive," Bollinger and DePinto agree.

Bollinger added that with today's SARC and SHARP programs and resources, more people are coming forward and reporting incidents.

"[Victims today] now have the programs and reference points of people who have gone through the program. They have more people who are out there speaking about the process that they went through, the healing and receiving," Bollinger said.

DePinto added, "We have great leadership here at WRNMMC and our leaders take [cases of sexual assault and harassment] very seriously and believe that our program is reputable. We are here to assist anyone who wants to come forward and seek the services to help them heal."

"[The] Naval Criminal Investigative Service (NCIS) and Criminal Investigative Division (CID) are working very hard with our leaders to combat the social media issue," DePinto stated.

"As long as we continue to learn and train, we can hopefully one day get to the bottom of the problem," Bollinger and DePinto agreed.

For more information please call the SAPR Victim Advocate line at 301-442-8225, the SARC line at 301-442-2053 or visit the SHARP office located in Building 2 on the third floor in front of Memorial Auditorium.

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